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ABSTRACT

This teacher's guide contains materials to be used in a study of Germany and its cuisine. Unit 1 provides an overview of German geographic, political, economic, social, and cultural characteristics. Unit 2 studies German food habits, nutrition, food preparation, and meal patterns. Each unit contains a list of objectives (e.g., identify the type of climate in Germany; identify three popular German poultry dishes), suggested activities for instructor and student, and instructional materials (objectives, information sheets, transparency masters, and tests--multiple choice, matching, identification, and essay), and answer key. Unit 2 also contains a job sheet (making weiner schnitzel or cheese schnitzel) and two assignment sheets (e.g., crossword puzzle). (CT)

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WORLD FOODS
GOOD FOOD, GIFT OF GERMAN COOKING

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
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PREFACE

The semester course "world foods" which is currently included in vocational consumer homemaking curriculums, contains many diverse and complex ideas. Each of the available instructional units that relates to "world foods" represents only one facet of the total semester course. Since no curriculum guide on "world foods" is as yet available, the following conceptual outline has been included with this unit.

The outline was revised, developed and analyzed by vocational home economics teachers, subject matter specialists, Department of Elementary and Secondary Education staff and University of Missouri-Columbia Home Economics Education staff.

A single instructional unit on "world foods" cannot encompass the breadth of the total course. Therefore, the topical outline is included to clarify instructional concepts that need to be expanded upon within the semester course.

Teachers will need to develop additional content and resource materials to supplement existing instructional units. In that way students will be exposed to the fullest range of ideas applicable to the semester course and concepts will be logically organized around available instructional units.

WORLD FOODS CONCEPTUAL OUTLINE

MAJOR CONCEPT I IMPLICATION OF WORLD FOODS

A. Nutritional Status of World Population

1. Overnutrition
2. Undernutrition

B. World Food Policies

1. Agricultural Reporting Systems
2. Research Supported Policies
3. Food Supplies
4. Ecology

C. Organizations Participating in Universal Health Programs

MAJOR CONCEPT II INTERNATIONAL AND REGIONAL FOODS

A. Cultural and Food Patterns

1. Political
2. Social
3. Economic
4. Geography
5. Religion
6. Production and Processing

B. Food Planning and Preparation

1. Recognition
2. Selection
3. Storage
4. Preparation
5. Measurements (Metric, English)
6. Preservation
7. Equipment and Use of Available Resources
8. Dining Out and Etiquette

MAJOR CONCEPT III CAREERS IN WORLD FOOD AND NUTRITION

A. Career Development

B. Opportunities

C. Qualifications

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WORLD FOODS

GOOD FOOD, GIFT OF GERMAN COOKING

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FOREWORD

Germany is one of the countries that has had a tremendous impact on American culture and food habits.

For example, the Germans have contributed much to what we now think of as the "traditional" Christmas celebrations. German cuisine has bestowed on Americans some of the most popular foods, such as frankfurters, hamburgers, sauerkraut, fried potatoes, potato pancakes, apple cake and cheese cake. In addition, most German cooks are skilled in converting almost every usable scrap of food into distinctive dishes of high food value.

The study of German cuisine is an important component of the World Foods class. The study of Germany and its cuisine will better enable students to understand the development of their own culture and food habits. The knowledge of German cuisine also offers many practical and resourceful applications to daily menu planning and food preparation.

This packet has been designed as a resource to facilitate the study of Germany and its cuisine. The materials contained in this resource packet are designed to provide an overview of German geographic, political, economic, social and cultural characteristics. Materials to assist in the study of German food habits, nutrition, food preparation and meal patterns are also incorporated into this packet.

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GERMANY, A DIVIDED LAND
UNIT I

UNIT OBJECTIVE

After completion of this unit, the learner should be able to identify the geographic, political, social and economic characteristics of Germany. This knowledge will be evidenced by scoring at least 85 percent on the unit test.

SPECIFIC OBJECTIVES

After completion of this unit, the learner should be able to:

1. Identify the approximate size of Germany and the proportional size of its major divisions.
2. List the official names and the form of government for each of the two major political divisions of Germany.
3. Match the five land regions with their characteristics.
4. Name and locate on a map the nine countries and two bodies of water bordering Germany.
5. Name and locate on a map the two capitols of Germany and the four cities which have populations over one million.
6. Identify the type of climate in Germany.
7. Describe the German population distribution.
8. Name the two most prevalent religious groups in Germany and the percent of the predominance in the population.
9. Describe the general character of the German people and their way of life.
10. Identify three popular sports or forms of recreation in Germany.
11. Match six German holidays with their traditional foods.
12. Distinguish between the educational systems of East and West Germany.

13. Identify the major mineral resource in Germany and two products exported from East Germany and West Germany.

14. List five of the leading food products of Germany.

15. Identify three major foods produced in East Germany and three major foods produced in West Germany.

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GERMAN CUISINE
UNIT II

SUGGESTED ACTIVITIES

I. Instructor

A. Provide students with objective sheet

B. Provide students with information, job and assignment sheets

C. Discuss unit and specific objectives

D. Discuss information, job and assignment sheets

E. Give test

II. Student

A. Read objectives

B. Study information sheet

C. Complete job sheet

D. Complete assignment sheet

E. Take test

INSTRUCTIONAL MATERIALS

I. Included in this unit

A. Objectives

B. Information sheet

C. Transparency masters

1. TM-II-1: German Pots and Pans
2. TM-II-2: German Pots and Pans (continued)
3. TM-II-3: German Molds
4. TM-II-4: German Molds (continued)
5. TM-II-5: German Cooking Utensils

D. Job Sheet #1: Making German Wiener Schnitzel or Cheese Schnitzel

E. Assignment sheets

1. Assignment Sheet #1: German Sausage Crossword Puzzle

2. Assignment Sheet #2: How's Your C-Q (Cuisine Quotient)?

F. Answers to assignment sheets

G. Test

H. Answers to test

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GERMANY, A DIVIDED LAND
UNIT I

SUGGESTED ACTIVITIES

I. Instructor
   A. Provide students with objective sheet
   B. Provide students with information sheets
   C. Discuss unit and specific objectives
   D. Discuss information sheet
   E. Give test

II. Student
   A. Read objectives
   B. Study information sheet
   C. Take test

INSTRUCTIONAL MATERIALS

I. Included in this unit
   A. Objectives
   B. Information sheet
   C. Transparency masters
      1. TM-I-1: Regions of Germany
      2. TM-I-2: Map of Germany
   D. Test
   E. Answers to test

GERMANY, A DIVIDED LAND
UNIT I

INFORMATION SHEET

I. Germany is not a very large country.

A. Germany is about the size of the state of Oregon.

B. West Germany forms about two-thirds of Germany.

C. Approximately 60 percent of the land is devoted to farming and 3 percent to forests.

II. Germany is politically divided into two countries.

A. In 1949 Germany was divided into two separate countries as a result of World War II.

B. West Germany is officially known as the Federal Republic of Germany.

1. The form of government in West Germany is a federal republic.

2. The head of state is called a Federal President and the head of government is called a Federal Chancellor.

C. East Germany is officially known as the German Democratic Republic.

1. The form of government is communist.

2. The head of state is called Chairman of the Council of State and the head of government is called a Minister President.

III. Germany is divided into five major land regions.

A. The largest is the Northern German Plain.

1. The area is low and nearly flat.

2. Broad rivers, including the Elbe, Oder, Ems, Rhine and Weser, drain the land and flow northward to the North and Baltic Seas.

3. Most of the land is fertile and suitable for farming.

B. The Central Highlands are composed of a series of plateaus which range from nearly flat to mountainous.

1. The land is rocky with poor soil.

2. Rivers have cut deep and narrow valleys, resulting in a beautiful and picturesque landscape.

C. The South German Hills include a series of long parallel ridges extending from southwest to northeast.

1. Sheep are raised on the rocky ridges.

2. The Rhine and Danube Rivers drain this region.

D. The Black Forest region derives its name from the thick forests of dark fir and spruce trees that cover this mountainous area.

1. The region is known for its mineral springs and many famous health resorts.

2. This area is the scene of many German legends and fairy tales.

E. The Bavarian Alps are a part of the largest mountain system in Europe and a year-round vacation region.

1. The many lakes were formed by ancient glaciers.

2. The mountain streams flow into the Danube.

IV. Germany is bordered by many countries and two bodies of water.

A. The North and Baltic Seas and Denmark form the northern boundaries of Germany.

B. Poland and Czechoslovakia border East Germany.

C. Czechoslovakia, Austria, Switzerland, France, Luxembourg, Belgium and the Netherlands border West Germany.

V. Germany has many large cities.

A. The largest city in West Germany is West Berlin with more than two million people and the cities of Hamberg and Munich are the next largest with populations over a million.

B. The largest city in East Germany is East Berlin with a population of over a million and the cities of Leipzig and Dresden are the next largest with populations over 500,000.

C. The capital of West Germany is Bonn and the capital of East Germany is East Berlin.

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VI. Germany has a mild climate largely because the land is near the sea.

A. The mild climate is suitable for farming.

B. Average temperatures range from 30 degrees F (approximately -1 degree C) in the winter to 70 degrees F (approximately 21 degrees C) in the summer.

C. Most of Germany receives 20-40 inches (approximately 50 cm to 1 m) of precipitation or moisture a year.

VII. The German population is disproportionately very old and very young, a reflection of the high casualty rates in World War II.

A. Germany is densely populated, with a population in 1974 of 80 million persons.

1. West Germany, including West Berlin, had the larger proportion of people, about 63 million in 1974.

2. East Germany, including East Berlin, had a population of about 17 million in 1974.

B. West Germany's population is composed largely of people who were uprooted from their homeland.

C. Between 1949 and 1955, West Germany absorbed more than 8 million refugees from eastern Europe and from 1954 to 1961 more than 3 million people immigrated from East Germany.

VIII. Most of the German population are either of Protestant or Catholic religious faiths.

A. In West Germany, about 51 percent of the population are Protestant and 44 percent are Roman Catholic.

1. Almost all of the Protestants are Lutheran.

2. Roman Catholics are more numerous in the Rhineland and in the South.

B. In East Germany the vast majority of the population is Protestant and the minority, 11 percent, are Roman Catholic.

(NOTE: The political philosophy of East Germany tries to discourage religion.)

IX. The German way of life differs from region to region, city to town, and from cities to the country.

A. In the larger cities people live in small apartments.

B. German people are typically believed to be thrifty, hard-working and obedient to authority.

C. Many Germans are known for their enjoyment of life, music, dancing, good food, beer and fellowship.

D. West Germans are highly mobile and most own some type of motor vehicle, but the two-car family is rare.

E. Only about 3 percent of the East Germans own automobiles because they are very expensive and many East Germans ride to work on bicycles.

X. Germans enjoy sports and recreation.

A. Soccer is the most popular sport.

B. Young people enjoy bicycling and hiking.

C. Canoeing, rowing, sailing and swimming are common because of the many lakes in Germany.

D. Skiing is a prevalent winter sport.

E. Many German men belong to sharpshooting clubs.

F. Gymnastics is widely taught in the elementary schools.

G. In West Germany motion pictures are the most popular form of entertainment.

H. Many people in West Germany enjoy dining out in restaurants.

IX. Germans celebrate many civic and religious holidays but the celebrations vary from the predominately Catholic areas in the south and Rhineland to the predominately Protestant areas in the north.

A. Small towns and villages often have festivals honoring their own patron saint or events in local history.

B. Twelfth Night or Feast of the Magi, on January 6, is known in Germany as *Dreikönigsabend*, or Three Kings' Eve, and a cake of the same name is the specialty.

C. Most of Germany celebrates pre-Lenten carnival, *Fasching*, which reaches its peak on *Fastnacht*, also known as Shrove or Fat Tuesday or Mardi Gras.

1. Masked and costumed street carnivals are the gayest in Cologne and Munich.

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2. The characteristic food eaten on that night is fried crullers.

D. *Bock* beer season also falls during Lent and is celebrated with new spring beer and *Bockwurst* sausages.

E. In Germany Holy Thursday (Before Good Friday and Easter) is known as Green Thursday or *Gründonnerstag*.

1. A creamed green soup made of spring herbs and new spinach, garnished with hard-cooked eggs sliced in half lengthwise and tiny meat balls are traditionally served on this day.

2. Sometimes a dish of fried or poached eggs on a bed of creamed new spinach is served.

F. Good Friday is the most important and solemn holiday and is known as Grieving Friday or *Karfreitag*, and because it is a meatless fast day many fish dishes are served.

G. Easter or *Oster* is celebrated with colored eggs, candy or cakes shaped like chicks, rabbits or lambs.

1. Easter breakfast includes bread called *Osterfladen*, a sweet yeast coffee cake much like stollen, which has been blessed the previous day in church.

2. Decorated chocolate eggs are also traditional.

3. Ham is the usual feature of Easter dinner and is often served with puréed peas.

H. May Day or *Maitag* is celebrated with picnics, May poles, white wine punch and strawberry bombe.

I. *Octoberfest* comes at the end of September and is commemorated with fun-loving gatherings and huge quantities of food and beer.

J. In the rural areas on the third Sunday in October, a church-consecrated day called *Kirchweih* is celebrated as a kind of "Farmer's Labor Day" and beer and crullers or fritters are served.

K. St. Martin's Day, *Martinmas* or *der Martinstag*, on November 11 celebrates the patron saint of geese, drinking and merrymaking.

1. The traditional dish is goose stuffed with prunes and apples.

2. Chestnuts, red cabbage or sauerkraut and dumplings are served with the stuffed goose.

(NOTE: Geese are thought to be their fattest and most succulent at this time of the year.)

L. Christmas Eve or *Weihnachtsabend oder Heiliger Abend* is a meatless day for Catholics and the traditional food is carp, but other common foods include rice pudding or soufflé or rice cooked with milk.

M. Christmas Day or *Christtag oder erster Weihnachtstag* is noted for its many traditional baked foods.

1. Families often begin baking four weeks ahead of time.

2. Cookies, cakes, fruit breads, and sweet yeast breads like *Dresden Stollen* are prepared for this holiday.

3. *Marzipan* or almond paste shaped and colored like fruits, vegetables, animals or angels is traditionally prepared for Christmas.

N. New Year's Eve or *Silvester* is also a meatless day for Catholics.

1. Carp is again a traditional food and it is the custom in the northern section of the country to serve it unscaled, each guest taking one scale as a good luck token for the coming year.

2. Hot or flaming wine punch is usually served at midnight.

XII. Germany was one of the first countries to set up a public education system for all children.

A. Education in West Germany is controlled chiefly by the state governments.

1. Children must go to school between the ages of 6 to 18.

2. Religious instruction is given in the schools.

3. West Germany has several universities including Germany's oldest, the University of Heidelberg.

B. Education in East Germany is controlled by the government.

1. All schools teach the ideals of communism and religious instruction is forbidden.

2. Children in East Germany must go to school for ten years beginning at age six.

XIII. Much of Germany's economy has been rebuilt since the end of World War II.

A. Coal is the only major mineral resource and the primary source of energy.

B. West Germany's fastest-growing industry is manufacturing.

1. West Germany produces large amounts of steel used for automobiles, machinery, ships and tools.

2. Cameras, leather goods, scientific instruments, toys and wood pulp are other important manufactured products.

C. West Germany exports more than it imports, despite the fact that it imports great amounts of food and industrial raw materials.

D. West Germany had most of the natural resources and industrial centers when the country was divided.

E. East Germany relies heavily on trade with Russia for its economy.

1. East Germany's exports include chemicals, coal, machinery and transportation equipment.

2. East Germany must import large quantities of food and raw materials.

XIV. Because Germany is a densely populated country, most of the suitable land must be used to produce food.

A. Food production in Germany varies greatly and farming is diversified.

1. Seafood is harvested along the coastal regions.

2. Vineyards and wine production is found chiefly in the south, especially along the sunny hillsides of the Rhine River.

3. Agricultural production includes dairy, livestock, grain, vegetables, fruits and forestry.

a. Pork production is important in the northern regions.

b. Leading grain products include rye, oats, wheat and barley.

c. German climate and soil are well suited to the production of a variety of full-flavored fruits and vegetables.

d. Leading fruit crops include grapes, apples, peaches, pears, plums, cherries and berries.

e. Vegetables that are commonly grown are cabbage, *salisfy, celeriac* and *kohlrabi*, turnips, carrots, parsnips, beets, spinach, kale, cauliflower, brussels sprouts, beans, peas, onions, cucumbers and lettuce.

B. German farmers use scientific methods of farming, including the use of fertilizers and crop rotation.

C. The large rivers, including the Rhine, Rhone, Elbe and Danube, provide transportation of food supplies as well as other resources.

XV. The ability to produce sufficient food for the population and the types of foods produced varies between East and West Germany.

A. East Germany is not self-sufficient in food production and food must be imported from the other communist countries.

B. In East Germany about two-thirds of the land is used for agriculture and the government owns over 90 percent of the farmland composed of large cooperative farms and huge state farms.

1. The major crops in East Germay are potatoes, sugar beets, rye, wheat, oats and barley.

2. Animal production includes pork and poultry.

C. West Germany cannot produce enough food to feed its population and must import about one-third of its food supply.

1. Potatoes are the main crop.

2. Barley, wheat, oats and rye are the major grain crops.

3. Fruits, sugar beets and vegetables are also important crops.

4. Fine wines are made from the grapes produced along the Rhine and Moselle rivers and the wines often carry the river's name.

5. Beef, dairy cattle, hogs and poultry are important in animal production.

Map of Germany

Regions of Germany

Name _____

Class _____

Score _____

GERMANY, A DIVIDED LAND
UNIT I

UNIT TEST

Multiple-Choice: Read carefully each of the following items and possible responses. Write the letter of the best answer or response in the space provided to the left of the numbers.

_____1. Germany is about the size of:

a. Colorado
b. Oregon
c. Ohio
d. Texas

____ 2. West Germany forms about what proportion of the total area called Germany?

a. 1/3 (one-third)
b. 1/2 (one-half)
c. 2/3 (two-thirds)
d. 3/4 (three-fourths)

____ 3. Most of the land in Germany is covered with:

a. Forests
b. Cities
c. Farmland
d. Mountains

____ 4. Germany's climate could be described as:

a. Mild
b. Arid
c. Varied
d. Dry

____ 5. Which of the following is NOT among the most popular sports in Germany?

a. Soccer
b. Sharpshooting
c. Skiing
d. Golfing

____ 6. The major mineral resource in Germany is:

a. Silver
b. Phosphate
c. Iron
d. Coal

____ 7. Which of the following is NOT among the major foods produced in West Germany?

a. Rice
b. Potatoes
c. Cabbage
d. Pork

____ 8. Which of the following is NOT a major source of food production in East Germany?

a. Pork
b. Beef
c. Sugar beets
d. Wheat

____ 9. Which of the following is one of the major exports of East Germany?

a. Chemical products
b. Plastic products
c. Grain products
d. Electronic products

____10. Which of the following is one of the major exports of West Germany?

a. Lignite
b. Wheat
c. Clothing
d. Scientific instruments

Matching: Match the name of the land region in the right-hand column with the most appropriate description of characteristics in the left-hand column. Write the letter of the matching regional name in the space provided to the left of the numbers.

CHARACTERISTICS	REGION
____11. The largest region which has fertile farmland	a. Bavarian Alps
____12. The Rhine and Danube Rivers drain this area where sheep are often raised	b. Black Forest
____13. This area is known for its mineral springs and health resorts	c. Central Highlands
____14. A famous year-round vacation area	d. Northern Plain
____15. The land is rocky and has poor soil	e. South Hills

Matching: Match the name of the German holiday in the right-hand column with the description of the traditional food served in the left-hand column. Write the letter of the matching holiday in the space provided beside the numbers.

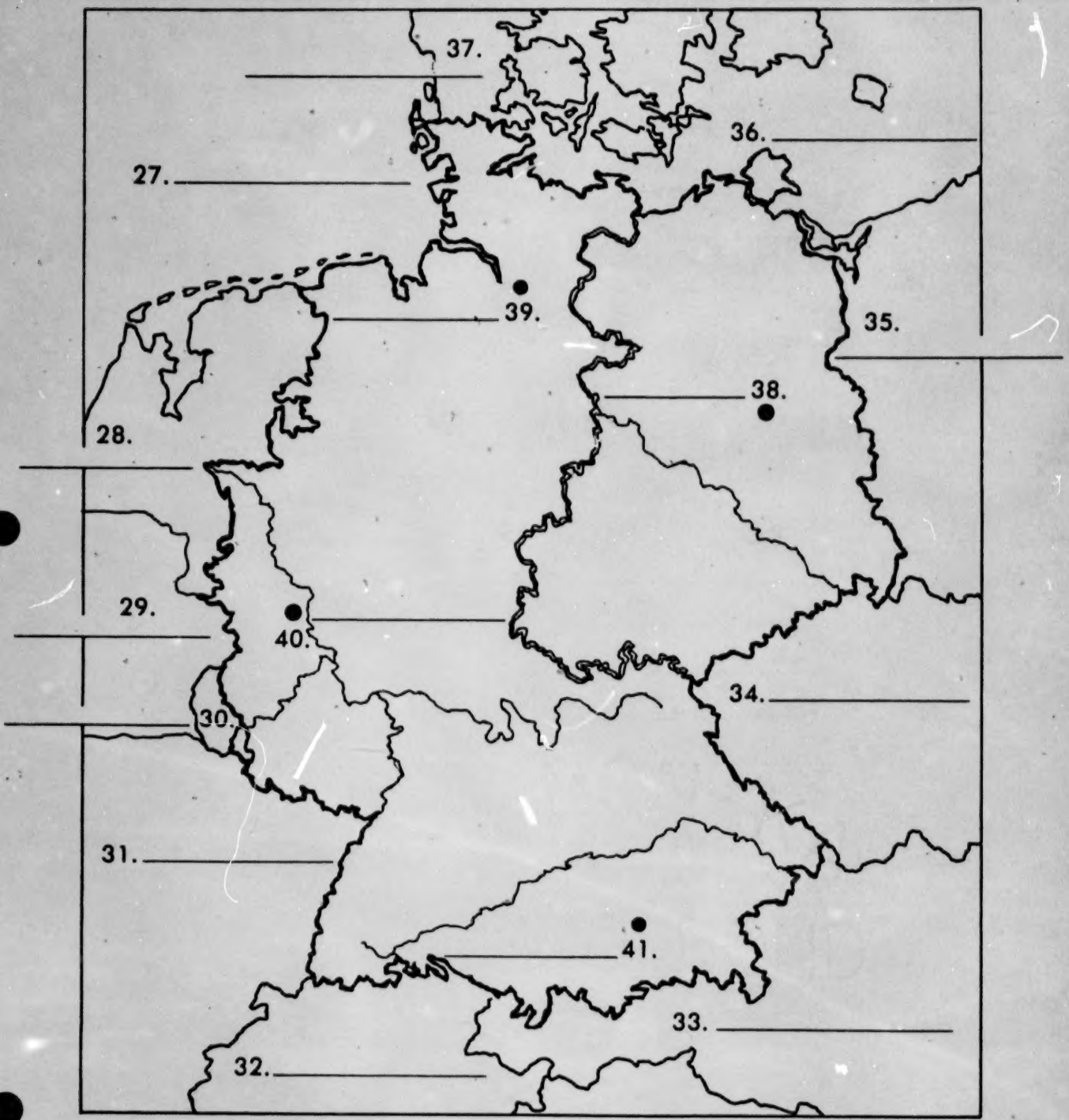
FOOD	HOLIDAY
____16. Carp and rice pudding or soufflé	a. New Year's Eve
____17. Sweet yeast breads such as *Dresden Stollen*	b. Holy Thursday
____18. Creamed green soup garnished with hard-cooked eggs	c. Good Friday
____19. Hot or flaming wine punch	d. Easter
____20. Goose stuffed with prunes and apples	e. St. Martin's Day
____21. Ham served with pureed peas	f. Christmas Eve
	g. Christmas Day

Matching: Distinguish between the educational systems of East and West Germany by matching the characteristics in the left-hand column with the portion of the country in the right-hand column. Write the letter of the matching part of the country in the space provided beside the numbers.

CHARACTERISTICS		PORTION
____22.	Religious instruction in schools is forbidden.	a. East Germany b. West Germany
____23.	Religious instruction is given in the schools.	
____24.	Several universities are located here, including Germany's oldest.	
____25.	Children between the ages of 6 and 16 must go to school.	
____26.	Children between the ages of 6 and 18 must go to school.	

Identification.

Locate and name on the map below the four major cities plus the nine neighboring countries and two bodies of water adjoining boundaries with Germany.



Completion and Short Answer: Answer the questions or supply the word which best completes the thought in the blanks provided.

42-43. The official name for East Germany is _____ _____ _____ and its form of government is called _____.

44-45. The official name for West Germany is _____ _____ _____ _____ and its form of government is called _____ _____.

46. The capitol city of East Germany is _____.

47. The capitol city of West Germany is _____.

48-49. In the Rhineland and southern areas of Germany the predominate religious group is _____ while in East Germany the majority of the population belong to the _____ religious group.

50-54. List the five leading food products of Germany.

a. _____

b. _____

c. _____

d. _____

e. _____

Essay:

55-57. In a paragraph briefly describe the population distribution of Germany.

58-62. In a paragraph briefly describe the general character of the German people and their way of life.

GERMANY, A DIVIDED LAND
UNIT I

ANSWERS TO UNIT TEST

MATCHING

1. b.
2. c
3. c
4. a
5. d
6. d
7. a
8. b
9. a
10. d
11. d
12. e
13. b
14. a
15. c
16. f
17. g
18. b
19. a
20. e
21. d
22. a
23. b
24. b
25. a
26. b

IDENTIFICATION:

27. North Sea
28. Netherlands
29. Belgium
30. Luxembourg
31. France
32. Switzerland
33. Austria
34. Czechoslovakia
35. Poland
36. Baltic Sea
37. Denmark
38. East Berlin
39. Hamberg
40. Bonn
41. Munich

COMPLETION AND SHORT ANSWER

42-43. German Democratic Republic
Communist

44-45. Federal Republic of Germany
Federal Republic

46. East Berlin

47. Bonn

48. Roman Catholic or Catholic

49. Protestant

50. Any 5 of the following as given in the Information Sheet section XIV.

seafood	plums	beets
grapes	cherries	spinach
pork	berries	kale
rye	cabbage	cauliflower
oats	salsify	Brussels sprouts
wheat	celeriac	beans
barley	kohlrabi	peas
apples	turnips	onions
peaches	carrots	cucumbers
pears	parsnips	lettuce

ESSAY

55-57. The paragraph should include some the major points as given in the Information Sheet section VII, including:

1. Germany is densely populated, with a population in 1974 of 80 million persons.

2. West Germany's population is composed largely of people who were uprooted from their homeland.

3. Between 1949 and 1955, West Germany absorbed more than 8 million refugees from eastern Europe and from 1954 to 1961 more than 3 million people immigrated from East Germany.

58-62. The paragraph should include some of the major points as given in the Information Sheet section IX, including:

1. In the larger cities people live in small apartments.

2. German people are typically believed to be thrifty, hardworking and obedient to authority.

3. Many Germans are known for their enjoyment of life and they enjoy music, dancing, good food, beer and fellowship.

4. West Germans are highly mobile and most own some type of motor vehicle, but the two-car family is rare.

5. Only about 3 percent of the East Germans own automobiles because they are very expensive and many East Germans ride to work on bicycles.

GERMAN CUISINE
UNIT II

UNIT OBJECTIVE

After completion of this unit, the learner should be able to identify common foods served, methods of preparation and typical cooking equipment used in Germany. In addition to describing the German meal patterns and diet, the learner should be able to demonstrate skill in preparing a schnitzel as outlined in the job sheet. This knowledge and skill will be evidenced by completion of assignment sheets and job sheets, and by scoring at least 85 percent on the unit test.

SPECIFIC OBJECTIVES

After completion of this unit, the learner should be able to:

1. Identify at least three types of soups popular in Germany.
2. Identify the three meats most widely consumed in Germany.
3. Match four common methods of preparation of meats with their German names.
4. Identify three types of variety meats and the Germans' favorite dish of ground meat.
5. Match six different sausages with their descriptions.
6. Identify three popular German poultry dishes.
7. Identify three methods of preparing game meats in Germany.
8. Identify three popular fish varieties and three preferred methods of serving fish in Germany.
9. Identify four common ways eggs are served in Germany.
10. In one sentence describe the type of cheese Germans prefer including the taste, smell, name and example of that preferred type of cheese.

11. In a short paragraph describe German one-pot meals, including the method of preparation, common ingredients and why they are so popular.

12. Name three vegetables often served in German meals.

13. List the three basic ingredients in noodles and dumplings and name one example of how they are commonly used in German meals.

14. Match the names and descriptions of five German baked foods.

15. Identify three German desserts or sweet dishes.

16. Name four favorite beverages in Germany.

17. Name four methods of process or preserving food in Germany.

18. Name and identify different illustrative examples of German cooking equipment and utensils.

19. In a short paragraph describe the German diet, including type of food, number of meals eaten daily, size of servings and nutritional quality.

20. Match the names of the German meals with a common or typical food served at each.

D

GERMAN CUISINE
UNIT II

INFORMATION SHEET

I. Soups (*Suppen*) are one of the most important and popular parts of the national menu and are served at least once a day, frequently twice, as an appetizer, first course, or entree.

A. Thick soups are well-liked and are made from potatoes, dried peas and lentils, flavored with sausages or onion, and thickened with flour.

B. Some of the more popular soups include:

1. Chicken or beef broth with dumplings, noodles or rice
2. Oxtail
3. Goulash
4. Cream of asparagus or cream of cauliflower
5. Split pea
6. Cream of lobster
7. Turtle

C. Hot beer soup, *Warmbier*, is made of beer with eggs beaten into it and flavored with lemon.

D. Cold beer soup is often served in the summer.

E. German wine soup and fruit soups are popular.

F. Cold fruit soups are made of elderberries, rose hips, apples, plums, grapes and cherries and often served at the end of the meal for dessert.

G. There is a whole category of cereal soups served in German meals that are made from oatmeal, rice, semolina or farina, buckwheat groats, or kasha.

(NOTE: These are considered to be breakfast cereals by most Americans.)

II. Meat is the cornerstone of German cooking and Germans like enormous portions of meat (*Fleisch*).

A. Fresh pork (*Swhwein*) and smoked or cured bacon (*Schiken or Speck*) are popular.

B. Veal (*Kalbfeisch*) and beef (*Rindfleisch*) are also very popular varieties.

C. Lamb (*Lamm*) and mutton (*Hammel*) are not often eaten.

III. Meat is usually prepared by braising or pot-roasting but other methods include broiling, grilling, boiling, frying and sometimes roasting.

A. *Braten* or roast is Germany's national dish and may be of pork, veal or beef--the most elegant.

B. *Sauerbraten* is marinated pot roast in a sweet and sour sauce.

1. Pickling helps preserve the meat as well as add to the taste.

2. Wine, wine vinegar, herbs and spices are used in the marinate, which tenderizes tougher cuts of meat and gives it a distinctive flavor.

C. *Rostbraten* is braised steak.

D. The *Schnitzel* is one of the favorite and most widely used cuts of meat.

1. It is literally a slice or cutlet, always from the veal leg.

(NOTE: Italians call it *scallopine*, and the French call it *escalope*.)

2. It is cut with the long grain of the meat or slightly diagonal to it.

3. The tenderness and delicacy results from the pounding with a wooden mallet to a thickness of about 1/8 or 1/16 inch (3.1 mm or 1.6 mm).

IV. German cooks are experts at preparing variety and ground meats.

A. For ground meats, Germans like veal and pork, as well as beef, and sometimes combinations of veal and pork.

B. Germans like variety meats and innards (*Innerein*).

1. Liver, lungs, tongue, kidneys, sweetbreads, brains and heart are considered delicacies.

2. Head, hocks, feet, tail, ears and cheeks are also highly favored.

3. Baked udder, ox palate, calves' spleen and fried blood are favorites.

4. Stomachs and intestines are used for sausage coatings or casings.

C. *Beef Tartar*, a tremendous favorite, is frequently served as an appetizer, canapé, topping, or main dish.

1. It is a mound of raw ground beef with a raw egg yolk in the center to which the diner adds other ingredients to taste, such as salt, pepper, capers, chopped onions, anchovies, or chopped parsley.

2. It is an expensive item because it requires top quality ingredients.

V. Germany is undoubtedly the sausage or *Würst* capitol of the world.

A. Every area of the country has its own specialties and local versions of sausages.

B. Most sausages are stuffed in casing and then smoked.

C. Assorted sliced sausages, served with rolls and butter, pretzels, radishes and pickled gherkins, are often severed as light meals such as a mid-morning breakfast, light lunch, afternoon snack or late supper.

D. Several different varieties, including raw and fresh, smoked, pickled, and cooked, are offered at the sausage maker (*Wursthändler*) or sausage shop (*Würstladen*).

1. *Weisswurst* (white sausage), the most delicately flavored, is made of veal, sometimes with a little pork added; it is seasoned with salt, pepper and parsley, then cured in mild brine.

a. It is served steamed, hot, and the casing is removed as it is eaten.
b. It is usually served with rye bread and sweet mustard.

2. *Bockwurst* is a small finger-size *Weisswurst*, but in Berlin bockwurst denotes a smoked, red sausage.

3. *Bratwurst* or *Fry Wurst* is made largely of pork and a little veal that is coarsely ground and flavored with nutmeg, caraway, marjorum, pepper, salt and sometimes mace.

4. *Frankfurters* are smoked, cooked sausages made of beef or pork seasoned with pepper or garlic; although they can be eaten without any further heating, they are usually steamed or grilled.

5. *Bauernwurst* resembles a large, fat frankfurter and is made of coarsely or unevenly ground pork which is then smoked.

   a. It is steamed before serving.
   b. It is highly seasoned and often contains mustard seeds.

6. *Knockwurst* or *Regensburger* is a short, stubby, fat wurst made of beef or beef and pork, well seasoned with pepper and garlic.

   a. It is steamed, then split or scored and grilled.
   b. Sometimes it is cooked with lentils or sauerkraut.

7. *Liverwurst* is made of liver or liver and fat seasoned with onions or garlic and herbs, then cooked and smoked; it may be served hot or cold.

8. *Lyoner* or *Fleischwurstring* (meat sausage ring) is a circular wurst similar to baloney in flavor and texture, which is made of beef or pork, or even a combination of beef and pork, and is lightly smoked.

   a. It is usually steamed and then served hot or cold.
   b. When it is made into a long roll, instead of a ring, it is called *Fleischwurst*.

9. *Kolbascy* is a ring-shaped sausage similar to *Fleischwurstring* but it is made with a more coarsely ground meat seasoned with more garlic.

10. *Blutwurst* or blood sausage is made of fresh pig's blood that is completely cooked and smoked, then studded with bits of pork or veal tongue and diced bits of fat.

    a. It is always cooked before serving.
    b. It is eaten hot.

11. *Dauerwurst* is a hard sausage which can be kept for months in a cool place and the mold that develops on the casting is simply wiped off.

    (NOTE: It is known in this country as summer sausage.)

12. *Teewurst* is a highly flavored and smoked, finely ground tenderloin sausage of a spreading consistency, which must be dug out of the casing with a knife and spread directly on bread.

VI. Poultry (*Geflügel*) usually consists of chicken, duck and goose and Germans prefer braising poultry over roasting it.

A. Ducks served in Germany are usually lean and meaty in contrast to those served in America.

1. Duck is braised in beer or wine or roasted with a stuffing of apples and prunes.

2. The best ducks are produced in Vierlande, a farming district southeast of Hamburg.

B. Goose is stuffed with onions, apples and herbs or the neck is stuffed with liver and pork.

C. *Schwarzsaucer*, or goose giblet stew, is a famous stew which is said to make strong men weep; it is made by combining *Blook* and giblets with dried pears, prunes and apples.

D. Chicken is usually not featured on menus of German restaurants but is popular in homes.

VII. Game is popular because the forest and mountain slopes produce an enormous variety of venison, wild boar, hare, pheasant, partridge and grouse.

A. German cooks usually marinate venison, wild boar and hare because of their characteristic strong flavor.

B. Game is preferably prepared stewed, roasted or braised, and is frequently larded to keep it from becoming dry, stringy and tough.

C. Game is almost always served with *Preiselbeeren*, a traditional compote of small tart berries similar to cranberries.

VIII. Fish (*Fisch*) is an integral part of the German diet, especially in the northern areas, and a tremendous variety of fresh and saltwater fish are produced from the long coastline, many rivers, lakes and streams.

A. The more popular varieties include herring, skate, pike, whiting, smelt and codfish.

B. Germans like smoked fish varieties such as flounder, eel, salmon and *Bücklinge*, a kind of herring.

C. Germans prefer simple fish preparations such as poaching, steaming, baking and sautéeing.

1. Shellfish such as shrimp, crab, lobster and crayfish are boiled and served chilled, often with mayonnaise.

2. Oysters are eaten raw by most Germans.

D. Fish is also used as a flavoring for sauces such as melted butter, cream, wine, mustard or Hollandaise sauces, and for pan gravies.

E. Butter-boiled potatoes or fish potatoes (*Fischkartoffeln*) are usually served with the fish.

IX. Eggs (*Ei*) are very popular in Germany.

A. Soft-cooked eggs are commonly served for breakfast.

B. Stuffed hard-cooked eggs are served later in the day.

C. Egg salads are popular in the Black Forest area.

D. Eggs are combined with cheese, meats and fish, or vegetables for hearty main courses.

E. Both hard-cooked and poached eggs are called "*Lost.*"

1. They are served topped with cheese, mushroom or tomato sauces.

2. These sauces may be spooned over them or the eggs may be baked in the sauces briefly before serving.

F. Fried eggs are called "*Mirrors*" and are popular with Germans.

G. Scrambled eggs or "*Stirred Eggs*" are also popular.

1. They are flavored with herbs, cheese or caraway seeds.

2. They are frequently served on top of slices of ham or tongue, or as garnishes for smoked eel, smoked kippers or creamed mushrooms.

H. Egg pancakes or egg cakes (*Eierkuchen or Pfannkecken*) are popular.

I. Souffles and omelettes are important egg dishes in German menus.

X. Germany produces many kinds of cheese (*Käse*).

A. Germans prefer strong-tasting and very strong-smelling cheeses, including *Allgäuer, Limburger, Romadur and Hand Cheese* (handcase).

B. Cheese platters serve as popular desserts after cold meals, never hot meals.

C. Sliced cheeses are also served to complete light meals.

D. Pot cheese (*Topfen*) and its creamed derivative, cottage cheese (*Quark*) are more popular for cooking.

1. *Weisskäse* or *Kummelkäse* is cottage or pot cheese with caraway seeds added and in some areas it is allowed to ripen in crocks until it is highly fragrant.

2. Pot cheese is also mixed with minced chives and onions and then stirred into thick sour cream making a popular dressing for boiled potatoes.

E. Processed cheeses have been blended with wines, brandies, herbs or smoked ham.

XI. One-pot meals (*Eintopfgerichte*) are basic to German cooking.

A. These dishes are intended to be complete meals with all of the ingredients cooked together.

B. Most one-pot meals are stews or casseroles which are usually cooked on the top of the stove instead of in the oven.

C. They usually contain meat or fish, one or several vegetables, and a starch, such as potatoes, rice, or dumplings.

D. These are popular timesavers since they require little attention once everything is in the pot and they can be prepared in advance.

XII. Vegetables (*Gemüse*) and salads (*Salate*) are usually served as accompaniment to the entree but in many rural homes vegetables are served as the entree followed by a platter of cold cuts and cheese or a rich pudding.

A. A wide variety of vegetables are served in Germany.

B. Vegetable dishes are baked, fried, made into souffles and pudding, and are often richly sauced.

C. They are usually cooked so that they preserve their color, flavor and nutrients.

D. Left-over vegetables are used in omelettes, puddings or fritters, or are served as a salad with vinaigrette sauce or mayonnaise.

E. Cabbage (*Kraut*) is a staple vegetable and is served in many ways, but perhaps it is the most popular when it is made into sauerkraut.

(NOTE: German sauerkraut is far less coarse in texture and milder in flavor than American varieties.)

1. Cabbage provides an economical source of vitamin C for many German families.

2. Red cabbage is the favored variety.

F. Potatoes are also a popular German vegetable and are served mashed, fried, sliced, diced, pureed, baked or made into many other dishes.

1. Besides being used in soups and stews and as side dishes and entrees, potatoes are used as thickening agents in other dishes.

   a. Raw, cooked or mashed potatoes are used as thickenings.
   b. Potato flour or starch substitutes for cornstarch or tapioca.

2. Left-over potatoes may be added to omelettes or salads and left-over mashed potatoes are fried in a little butter, pancake style.

3. In Germany a point of etiquette when eating boiled potatoes is that they should be broken with a fork, never cut with a knife.

   (NOTE: In German meal etiquette, to cut the potato with a knife marks you as uncultured or boorish, just as cutting spaghetti in Italy does.)

4. Potatoes take the place of bread in many a meal.

5. Fried potatoes (*Burgermeister*) are especially well liked by the Germans.

6. Potato pancakes made from grated or raw potatoes are an excellent accompaniment to main dishes such as sauerbrauten.

7. Potatoes are also used as a main dish and then stewed apples are usually served with them.

G. Asparagus and mushrooms are also popular vegetables in Germany.

H. Rice is frequently served in German meals, either steamed or boiled, but always very dry and fluffy.

1. It is seasoned with butter, salt, pepper or nutmeg, grated cheese or capers, parsley or sauteed mushrooms.

2. Sometimes the rice is sauteed and then simmered with onions and cloves.

I. Green salads are often served with a sweet and sour dressing of oil, vinegar and sugar.

1. Lettuce with a hot dressing or wilted lettuce salad is one of the most typical salads.

2. Common vegetables used in salads are string beans, celeriac, beets, cucumbers, lettuce, tomatoes and potatoes.

XIII. Noodles and dumplings are used as soup garnishes, side dishes or with entrees.

A. They are basically made of some sort of starch, a liquid, and a binding agent such as egg.

B. They vary in size, shape and texture depending on the foods they complement and the liquid they absorb.

C. Noodles and "noodle dough-wares" (*Teigwaren*) are frequently served in Germany, but especially in Swabia.

1. Noodles are generally boiled, drained and mixed with melted butter or fat and then seasoned.

2. Thin noodles are preferred soup garnishes.

D. Dumplings are commonly used in German meals but are never served with more than one course at any given meal.

1. Dumplings are often used with soups like chicken, beef or veal and in vegetable broths.

2. Dumplings are also served as side dishes, with meat, vegetables or entrees.

E. Sweet noodle puddings are popular for desserts, entrees, and side dishes.

XIX. Baking (*Backwerk*) of breads, pastries, cakes, tortes, and cookies is basic to German cooking and eating.

A. Germany has contributed many famous regional and holiday baked foods to the world.

1. *Nürnberger Lebkuchen*, the spicy honey cookies, are sent all over the world at Christmas from famous German bakers.

2. *Springerle*, a traditional Christmas cookie, is simply made of egg, sugar and flour flavored with anise and lemon and patterned out of carved molds.

3. *Stollens*, including many strudel varieties, are commonly served as specialties and during the holidays.

4. The fruit-filled *Dresden Stollen* is a Christmas cake that improves its flavor with age.

5. *Marzipan* is an important part of the German Christmas celebration.

   a. It is made from the paste of almonds and sugar flavored with rose water and orange.
   b. It is brightly colored and molded into the shapes of fruits and figurines.
   c. Marzipan is often used as tree ornaments.

6. Black Forest Cherry Cake (*Schwarzwälder Kirschtorte*) is a German cake specialty that has graced coffee tables worldwide.

B. There are over 200 varieties of bread and rolls found in Germany, including both white and dark breads, salt sticks and crackers.

1. Fat-fried cakes (*Schmalzgebäckenes*) include such familiar varieties as doughnuts and crullers.

2. Puff pastry is popular as well as paste or cream puff pastry.

3. One of the best known German doughs is *Mürbteig*, a sweet tart pastry, which is the basis of many tortes.

4. Cookies of many different varieties are popular.

5. Dessert pastry trays often include individual tarts, tiny cake rolls filled with butter or whipped cream, and crisp lacy waffles with flavored creams sandwiched inside.

XX. German desserts or "sweet dishes" (*Süsse Speisen*) are rich and luscious and can be divided into cold and hot varieties.

A. Hot desserts include many types of puddings and souffles.

1. Puddings of farina, tapioca or fruit are often served.

2. Rice puddings are sometimes cooked with fruit.

3. German souffles are heavier than French souffles.

4. Apple desserts are popular, including baked apples, apple pancakes and apple dumplings.

5. Cherry tarts are frequently served.

6. Stewed fruits such as prunes, apricots and apples are served as sauces on cooked hot breakfast cereals or dessert puddings.

B. Gelatin dishes form one of the most popular categories of cold desserts.

1. Fruit compotes are popular for desserts.

2. Ice cream and frozen desserts are common dessert dishes and are often flavored with fruits, nuts, liqueurs, chocolate or whipped cream.

C. The most common flavors in German desserts are fruit flavors, coffee, chocolate, pumpernickel crumbs, cinnamon, lemon and whipped cream.

XXI. Germans use a variety of beverages in their meals.

A. Beer is the well-known favorite beverage of Germans.

1. Ancient purity laws requiring that beer be brewed only from barley, malt, hops, yeast and water are still enforced today.

2. There are many light and dark varieties.

B. German wines are mainly white and delicate with a flowery bouquet and come primarily from the areas of the Rhine and Moselle Rivers.

C. Germany's favorite spirit or liquor is *Schnaps*.

1. It is a fiery or strong drink with a clear white color.

2. It is made from barley or potatoes and is often flavored with anise or juniper berries.

D. Coffee is a favored beverage and Germans prefer it with sugar and cream.

E. Tea is popular in the northern portions of the country.

F. Pure fruit juices are also common beverages.

XXII. Germans use many methods of food processing and preservation.

A. Refrigeration is surprisingly rare and the majority of German families shop for food daily.

B. Some food is dried for preservation and some is canned.

C. Meats are commonly smoked and dried.

D. Marinating is a common method of food preparation and the pickling helps to preserve the meat.

E. Spices and seasonings help preserve foods such as sausages.

F. Fermented cabbage or sauerkraut is made by adding salt to shredded cabbage and allowing it to stand for a period of time until it ferments.

XXIII. Most German cooking equipment is similar to that used in this country.

A. Enameled cast iron is a versatile material since it does not discolor with the vinegar or wine and acid foods so commonly used in German food preparation.

B. Heavy metal or heat-proof oval pots are used for roasts or sauerbrauten and are similar to the familar Dutch oven.

C. Round pots with flat covers and large handles are useful for preparing stews and soups.

D. Frying and saute pans are useful for frying and browning.

E. Fish cookers or fish poachers are useful for steaming or poaching fish and vegetables.

F. German cakes are made in various shaped molds including the *Kugelhupf*, *Rehrücken* or mock vension saddle, and Savarian molds.

G. Steamed puddings are set in covered molds in water baths.

H. Other classical shaped molds include the melon, tiered and bombe molds.

I. *Springerle Roller* or blocks are used to shape the hard, brittle, sweet cookies of the same name.

(NOTE: The original Springerle molds were made of wood, ceramics, or metal and the designs portrayed the individual artistry of each baker.)

J. Meat tenderizers or flatteners are used in pounding and tenderizing meats.

K. Larding needles are used for lacing strips of fat through meat to keep it from becoming dry and stringy.

L. In the preparation of potato dumplings, the cooked potatoes are forced through a ricer with a plunger.

XXIV. The German diet is hearty and satisfying.

A. Weight control is difficult in the traditional diet because the food is hearty.

B. Germans eat up to five meals a day and Germans prefer large servings.

C. Traditionally Germans believed it was impolite not to completely clean their plates.

D. There is adequate intake of nutrients in the typical German diet because it is so varied and methods of cooking help conserve nutrients.

XXV. The traditional pattern of eating five meals a day persists today despite many societal changes over the years.

A. Modern meals are lighter and not all are eaten at home since many persons work away from home and about half of the German homemakers work outside the home.

B. The day usually begins with an early simple breakfast called *Frühstück*.

1. Breakfast is usually a sit-down meal with the table properly set and freshly-prepared food.

2. Early breakfast is usually of coffee and bread or rolls with "marmalade" which consists of a thick fruit spread or apple butter.

3. Rolls are served fresh out of the oven, either home baked, delivered by the bakery or purchased from the bakery just before the meal.

4. Eggs are frequently served but they are usually boiled rather than fried or scrambled.

5. In northern Germany cheese or slices of ham or cold cuts are served.

C. Second breakfast or *Zweites Frühstück* is served a few hours later or commonly between 9:00 and 10:30 a.m. and traditionally this was a very elegant meal.

1. The meal usually includes smoked sausage, local cheese, or cured or smoked ham or pork.

2. The children usually have a sandwich with a banana or apple at school.

3. Working men and women carry a bag of meat or cheese sandwiches and eat them with a bottle of beer or a cup of coffee on the job.

D. The midday meal or *Mittagessen* was traditionally the main meal of the day but it is becoming more varied and lighter with changing life styles.

(NOTE: Some places of employment still maintain cafeterias where substantial midday meals are served, allowing the tradition to be maintained.)

1. Mittagessen is usually served between 1:00 and 2:30 p.m.

2. The one-dish meal or casserole called *Eintopf* containing both meat and vegetables is commonly featured.

3. Typical desserts are apple pudding or ice cream.

4. Cheese, served with butter, remains on the table after the dessert is served.

E. The afternoon tea or *Kaffee* is eaten at a time when friends can meet casually, commonly in the later afternoon.

1. This meal is comparable to the English tea.

2. In homes coffee and small servings of cake are served in the dining room or living room.

3. It is considered good etiquette for the guest to praise the coffee even more than the cakes.

4. Pastry shops provide for Kaffee for those away from home.

5. Invitations for Kaffee are a common form of hospitality and entertainment.

F. With recent societal change, the evening meals are becoming heavier than they were in the past.

G. *Abendbrot* in Germany literally means "bread of the evening" and that perfectly describes the meal.

1. Assorted cold cuts, sausages or cheeses are served with white, rye or dark bread that is spread with butter.

2. Customarily each person makes up his or her own open-faced sandwich at the table and then eats it with a knife and fork.

3. As an alternative, salad with meat, fish or vegetables is served.

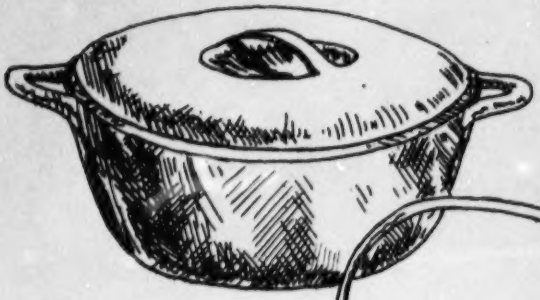
4. Other alternatives include a platter of raw vegetables, small hot dishes made of leftovers, or egg dishes.

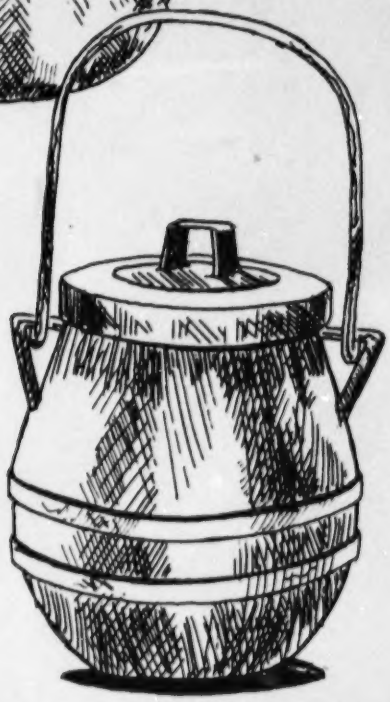
5. Fruit or fruit and cheese is the favorite dessert at this meal.

GERMAN POTS AND PANS

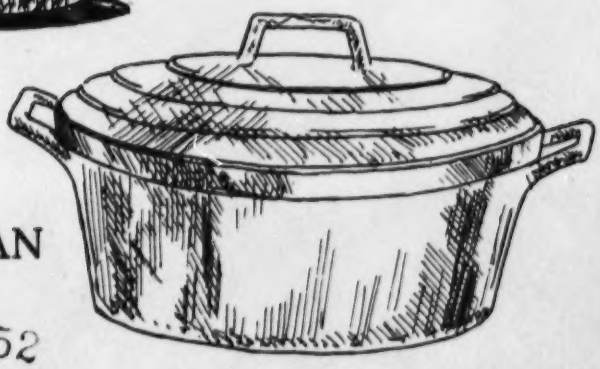
DUTCH OVEN

STEW POT





MARMITE
OR SOUP POT

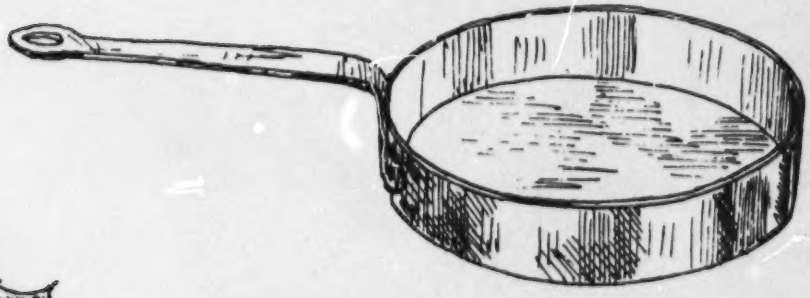


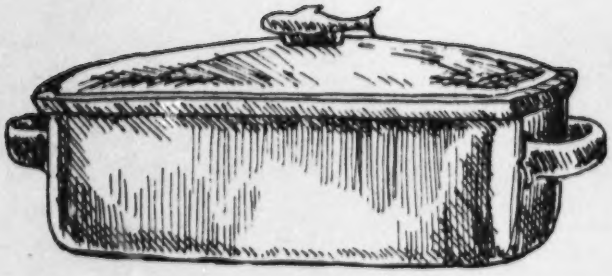
BRAISING PAN

GERMAN POTS & PANS
(continued)

FRYING PAN OR SKILLET

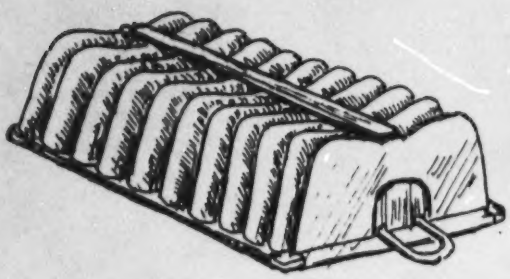
SAUTÉ PAN



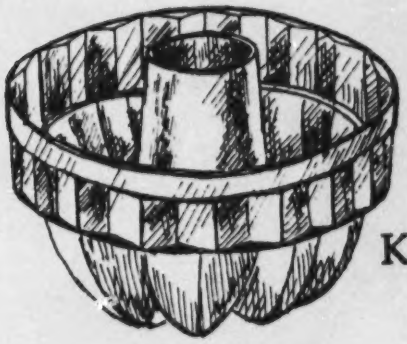


FISH COOKER

GERMAN MOLDS

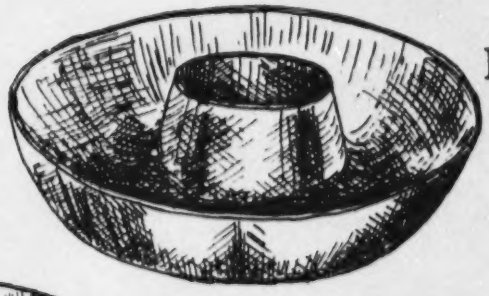


REHRUCKEN FORM

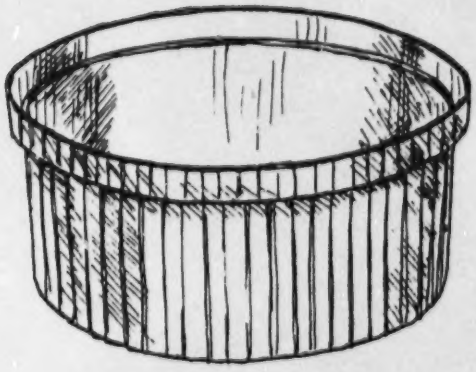


KUGELHOPF

SAVARIAN
RING MOLD

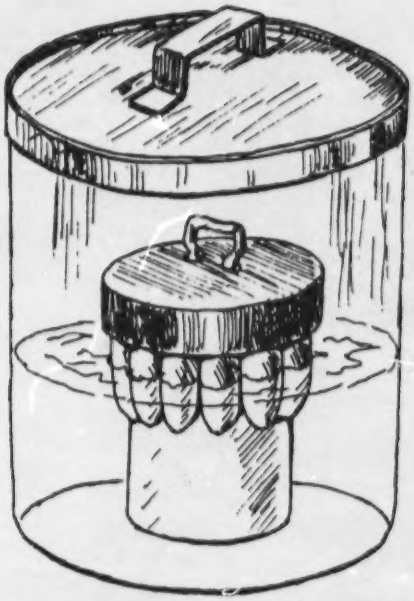


FLAN RINGS



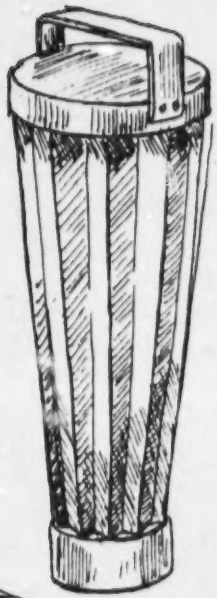
SOUFFLÉ DISH

GERMAN MOLDS
(continued)

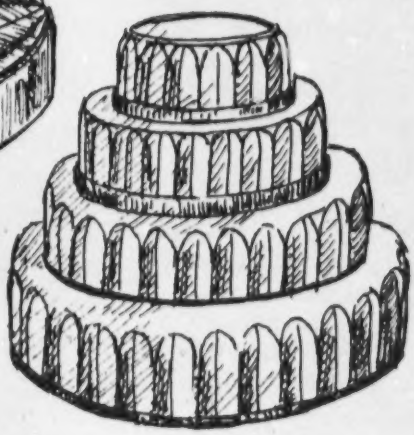


PUDDING MOLD
STEAMING IN WATER BATH

CONICAL MOLD



MELON MOLD



TIERED MOLD

GERMAN COOKING UTENSILS

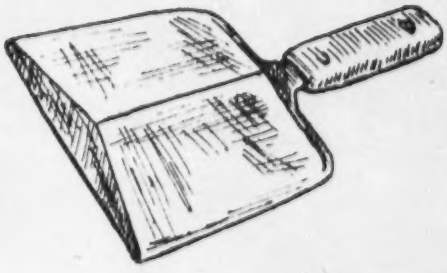
TM II-5

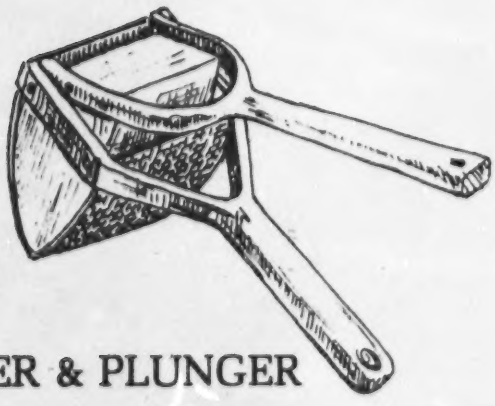
SPRINGERLE ROLLER

SPRINGERLE BOARDS

SPATULAS

MEAT FLATTENER OR TENDERIZER





RICER & PLUNGER

LARDING NEEDLES

GERMAN CUISINE
UNIT II

JOB SHEET #1: MAKING GERMAN WIENER SCHNITZEL OR CHEESE SCHNITZEL

I. Equipment and materials needed

Meat tenderizer or meat mallet
Cutting board or butcher's block
Spatula for turning
Wide flat bowl
2 pieces of wax paper or a large flat plate
Wire whisk or fork
Large skillet (approximately 9-14" wide)
Platter, pan or aluminum foil

Recipe and ingredients for schnitzel or use the following which serves 3 to 6:

1 1/2 pounds veal round steak or veal sirloin cut into 6 pieces
2 tablespoons lemon juice (optional)
Salt and pepper (to taste)
2 eggs, lightly beaten
2 tablespoons cold water
1/2 to 1 cup flour (all-purpose)
2 tablespoons cooking or salad oil (optional)
1 generous cup fine, dry bread crumbs
6 tablespoons margarine or butter or cooking oil
Thin lemon slices for garnish

Variation: A Cheese Schnitzel can be made by substituting the 1 cup fine, dry bread crumbs with the following:

1/2 cup fine, dry bread crumbs
1/2 cup grated Parmesan cheese
(Combine the bread crumbs and cheese.)

II. Procedure

1. Read all directions before beginning and clarify any questions with the instructor before starting.

2. Gather together the materials and equipment needed.

3. Measure all ingredients and set aside.

4. Pound the veal with a meat mallet to form cutlets approximately 8 by 5 inches and not more than one inch (2.5 cm) thick. (See Figure 1, page 59).

5. Sprinkle both sides of cutlets with lemon juice and if time allows let stand for 30 minutes.

   (NOTE: Veal cutlets may be marinated in a sprinkling of lemon juice 30 minutes before they are breaded.)

6. Sprinkle both sides of the veal cutlet with salt and pepper.

7. Place flour on waxed paper or on large flat plate and set aside.

8. Place bread crumbs (or if using variation, bread crumbs and cheese combined) on another piece of wax paper or large flat plate and set aside.

9. Beat lightly the eggs and water in a large flat bowl with wire whisk or fork, then add the oil, beating lightly.

   (NOTE: The oil is supposed to hold the breading on the cutlet securely and also will make it crisp.)

10. Dip the seasoned cutlets lightly into flour on both sides to coat cutlets with flour.

11. Dip floured cutlets into beaten egg mixture. Hold the cutlets above bowl to allow the excess egg mixture to run off.

12. Then dredge or coat the cutlets with bread crumbs (or bread crumbs and cheese mixture if preparing the variation.)

13. Let the breaded cutlets stand at room temperature for 15 to 30 minutes before frying. If time allows.

    (NOTE: This will produce a better quality product and is a part of the general procedure for making schnitzels.)

14. While the breaded cutlets are standing at room temperature, place the fat or oil (approximately 6 tablespoons) in the skillet or frying pan and heat to frying temperature. There should be enough fat in the frying pan to allow the schnitzels to "swim."

    (NOTE: It is necessary that the fat be hot enough to fry before the schnitzels are added or the breading will come off.)

15. Place about 2 breaded cutlets in the hot fat in the skillet.

(NOTE: More schnitzels can be fried at one time if the frying pan is large enough, but the schnitzels should not be crowded in the pan.)

16. Brown one side about 4 to 6 minutes or until golden brown.

17. Turn the schnitzel over in the frying pan with a spatula or tongs and fry second side another 4 to 6 minutes until it is golden brown.

    (NOTE: Never pierce schnitzel with fork to turn. The schnitzel should be golden brown on both sides and thoroughly cooked in about 8 to 12 minutes. It should be turned only once. Should a longer time be needed to thoroughly cook the schnitzel it may be too thick.)

18. The schnitzels can be placed on an ovenproof platter or cookie sheet and kept warm in the oven (approximately 250 or 275 degrees F (121-135 degrees C) while the remaining schnitzels are fried.

19. The finished schnitzels can be garnished with lemon slices before serving and the cheese variation can also be sprinkled with additional Parmesan and some paprika.

    (NOTE: Schnitzels are typically served with noodles.)

20. Store all ingredients and equipment properly for future use as directed by the instructor.

21. Clean work area and equipment when finished.

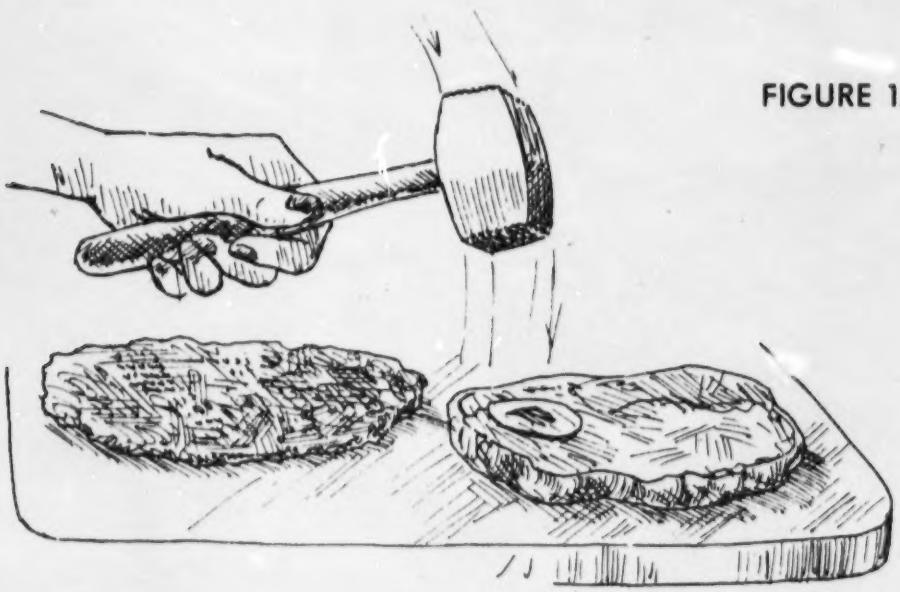


FIGURE 1.

GERMAN CUISINE
UNIT II

ASSIGNMENT SHEET #1: GERMAN SAUSAGE CROSSWORD PUZZLE

Directions: The following puzzle is designed to assist you in becoming familiar with German sausages. Write the word in the corresponding numbered blank which best completes the sentence or thought.

ACROSS

2. Popular American sausages of smoked, cooked beef or pork seasoned with pepper or garlic and requiring no additional heating or cooking before serving

4. A ring-shaped sausage of coarsely ground meat well-seasoned with garlic

8. Sausages are usually served at this type of meal

9. Liver sausage seasoned with onion or garlic and herbs, then cooked and smoked

11. A small finger-sized sausage but in Berlin it is the name for a smoked red sausage.

12. Sausage is usually made fresh, picked, cooked or ___

13. The material for sausage casing or coating

DOWN

1. The German name for sausage

3. A short, stubby, fat sausage made of beef or beef and pork that has been well-seasoned with pepper and garlic

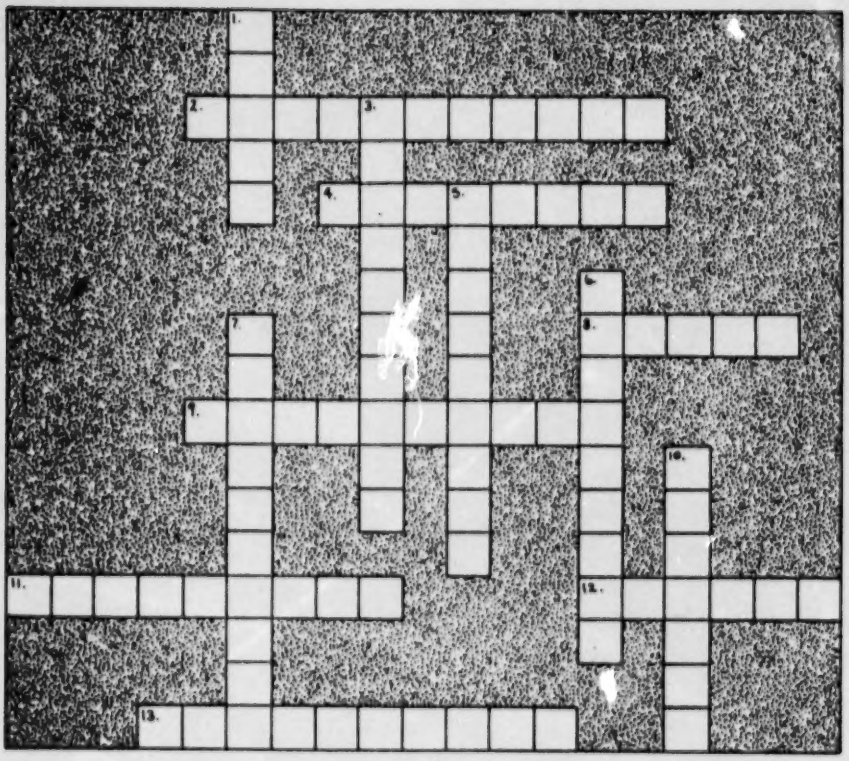
5. Sausage of coarsely ground pork with a little veal, flavored with nutmeg, caraway, majorum, salt and pepper

6. Blood sausage is called ___

7. A white, delicately flavored veal sausage cured in brine

10. Lyoner or Fleischwurstring is a meat sausage ring similar to ___

GERMAN SAUSAGE CROSSWORD PUZZLE



GERMAN CUISINE
UNIT II

ASSIGNMENT SHEET #2: HOW'S YOUR C-Q (CUISINE QUOTIENT)?

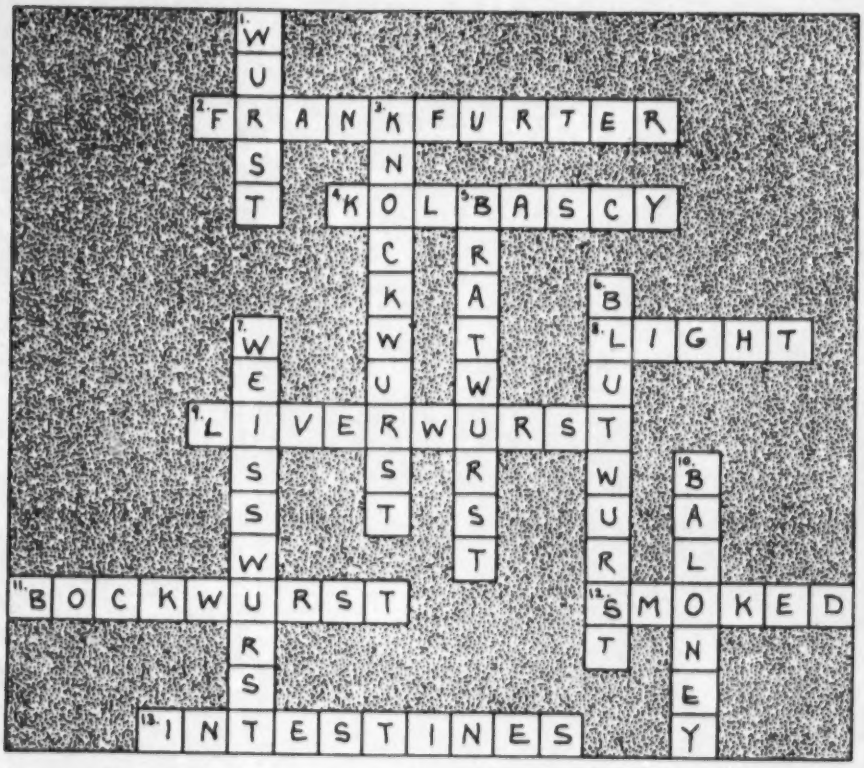
Directions: See how many German terms you can match with their English meaning. Place a large X in the space that matches or intersects with the row and column.

	fish	noodles and dumplings	Christmas cookies	roast	fried eggs	liquor	cabbage	braised steak	cheese	sausage	breakfast	fruit-shaped cookies	veal cutlet	goose giblet stew	vegetables
Braten															
Käse															
Schwarzsaucer															
Frühstück															
Kraut															
Springerle															
Marzipan															
Gemüse															
Mirrors															
Wurst															
Soup Garnish															
Schnaps															
Schnitzel															
Rostbraten															
Skate															

GERMAN CUISINE
UNIT II

ANSWERS TO ASSIGNMENT SHEETS

ASSIGNMENT SHEET #1:


1. W U
2. F R A N
3. K F U R T E R
S N
T
4. K O L
5. B A S C Y
C R
K A
6. B
W T
7. W
8. L I G H T
E U W U
9. L I V E R W U R S T
S S R W
S T S U
W T R
10. B
A L
11. B O C K W U R S T
12. S M O K E D
R T N
S E
13. I N T E S T I N E S Y

ASSIGNMENT SHEET #2:

	fish	noodles and dumplings	Christmas cookies	roast	fried eggs	liquor	cabbage	braised steak	cheese	sausage	breakfast	fruit-shaped cookies	veal cutlet	goose giblet stew	vegetables
Braten				X											
Käse									X						
Schwarzsaucer														X	
Frühstück											X				
Kraut							X								
Springerle			X												
Marzipan												X			
Gemüse															X
Mirrors					X										
Wurst										X					
Soup Garnish		X													
Schnaps						X									
Schnitzel													X		
Rostbraten								X							
Skate	X														

13 - 15 correct = German scholar
10 - 12 correct = Tourist
7 - 9 correct = Carry a dictionary
4 - 6 correct = Be careful what you eat
0 - 3 correct = Bring a sack lunch

Name _____

Class _____

Score _____

GERMAN CUISINE
UNIT II

UNIT TEST

Multiple Choice: Read carefully each of the following items and possible responses. Write the letter of the best answer or response in the space provided to the left of the number.

____ 1. Which of the following is NOT a popular soup in Germany?

a. fruit soup
b. beer and wine soup
c. turtle soup
d. clam chowder

____ 2. Which of the following is NOT a popular meat in Germany?

a. pork
b. veal
c. lamb
d. beef

____ 3. Which of the following is NOT a popular variety meat in Germany?

a. baked udder
b. fried blood
c. cheeks
d. Käse

____ 4. Which of the following is the most popular dish made of ground meat in Germany?

a. hamburgers
b. Beef Tartar
c. Goulash
d. Schnitzel

____ 5. Which of the following is NOT a popular poultry dish in Germany?

a. poultry sausage
b. goose giblet stew
c. roast duck with apple and prune stuffing
d. goose stuffed with onions, apples and herbs

____ 6. Which of the following is NOT a common method of preparing game meat in Germany?

a. marinating
b. stewing
c. poaching
d. braising

____ 7. Which of the following is NOT among the most popular varieties of fish served in Germany?

a. perch
b. skate
c. eel
d. crayfish

____ 8. Which of the following is NOT a preferred method of preparing fish in Germany?

a. poaching
b. steaming
c. deep frying
d. baking

____ 9. Which of the following is NOT among the most common methods of serving eggs in Germany?

a. egg salad
b. hard-cooked and poached
c. souffles and omelettes
d. pickled

____10. Which of the following is NOT among the most popular German desserts or sweet dishes?

a. plain yogurt
b. souffles
c. stewed fruits
d. apple desserts

Matching: Match the name of the German dish in the right-hand column with the description or American counterpart in the left-hand column. Write the letter of the matching name in the space provided next to the numbers.

DESCRIPTION OR AMERICAN COUNTERPART	GERMAN DISH
____11. Roast veal or beef	a. Beef Tartar
____12. Marinated pot roast	b. Braten
____13. Braised steak	c. Rostbraten
____14. Veal cutlet	d. Sauerbraten
	e. Schnitzel

Matching: Match the name of the sausage in the right-hand column with the description in the left-hand column. Write the letter of the matching name in the space provided next to the numbered descriptions.

DESCRIPTION	SAUSAGE
____15. Blood sausage	a. Bockwurst
____16. Ring-shaped sausage with garlic-seasoned, coarsely ground meat	b. Blutwurst
	c. Liverwurst
____17. Coarsely ground pork and some veal seasoned with nutmeg, caraway, marjorum, salt and pepper	d. Kolbascy
	e. Knockwurst
____18. Liver sausage seasoned with onions and garlic	f. Bratwurst
____19. Short, stubby fat sausage of beef and pork well-seasoned with pepper and garlic	

Matching: Match the name of the baked food in the right-hand column with the description in the left-hand column. Write the letter of the matching name in the space provided next to the numbered descriptions.

DESCRIPTIONS	BAKED FOOD
____20. Spicy honey cookie	a. Springerle
____21. Fruit and figurine-shaped Christmas cookies made from almond paste and sugar	b. Schmalzgebäck
	c. Marzipan
____22. Traditional Christmas cookie flavored with anise and lemon and pressed out with carved molds	d. Dresden Stollen
	e. Nürnberger Lebkuchen
____23. Christmas cake that improves with age	f. Mürbteig
____24. Fat-fried cakes, doughnuts and crullers	

Matching: Match the most typical food served in the left-hand column with the name of the most appropriate or matching meal in the right-hand column. Write the letter of the matching meal in the space provided next to the numbered foods.

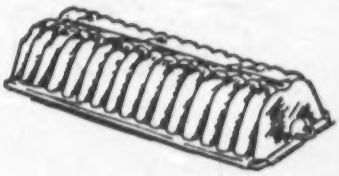
TYPICAL FOOD	MEAL
____25. Smoked sausage, local cheese or cured ham or pork	a. Frühstück or early breakfast
____26. Coffee and pastries	b. Zweites Frühstück or second breakfast
____27. One-dish meal or casserole	c. Mittagessen or mid-day meal
____28. Coffee and bread or rolls with marmalade	d. Kaffee or afternoon tea
____29. Open-faced sandwiches of bread, butter, cold cuts, sausage and cheese	e. Abendbrot or evening meal

Identification: Identify the following pieces of German cooking equipment and utensils by writing the name of the piece in the space provided next to the illustration.

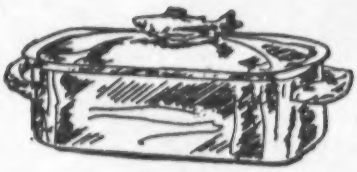
30. _____

31. _____

32. _____



33. _____



34. _____

Short Answer and Essay: Briefly write the answer or response as requested in the space provided following each item.

35-37. Name three common vegetables served in German meals.

a.

b.

c.

38-41. Name four popular beverages in Germany.

a.

b.

c.

d.

42-45. Name four methods of processing or preserving food in Germany

a.

b.

c.

d.

46-48. List the three basic ingredients in noodles and dumplings.

a.

b.

c.

49. Identify one common example of how noodles and dumplings are used in German meals.

50-52. In one sentence describe the type of cheese Germans prefer, including the taste and smell, and name one example of that type.

53-56. In a short paragraph describe the German one-pot meal, including the method of preparation, common ingredients, and the main reason why they are so popular.

57-60. In a short paragraph describe the German diet including the type of food served, number of meals eaten daily, size of servings and nutritional quality.

GERMAN CUISINE
UNIT II

ANSWERS TO UNIT TEST

MATCHING

1. d	11. b	15. b	20. e	25. b
2. c	12. d	16. d	21. c	26. d
3. d	13. c	17. f	22. a	27. c
4. b	14. e	18. c	23. d	28. a
5. a		19. e	24. b	29. e
6. c				
7. a				
8. c				
9. d				
10. a				

IDENTIFICATION

30. Melon mold
31. Marmite or soup pot
32. Rehrücken or Mock vension saddle mold
33. Fish cooker
34. Braising pan

SHORT ANSWER AND ESSAY

35-37. Any three of the following as given in the Information Sheet section XII

cabbage
potatoes
asparagus
mushrooms
rice

38-41. Any four of the following as given in the Information Sheet section XXI

beer
wine
liquor or schnaps
coffee
tea
fruit juices

42-45. Any four of the following as given in the Information Sheet section XXII

refrigeration
drying
canning
smoking
spices and seasoning
marinating or pickling
fermentation

46-48. The answer should include the following three ingredients as given in the Information Sheet section XIII

starch
liquid
binding agent or egg

49. The answer should include any one of the following examples as given in the Information Sheet section XIII

soup garnishes
side dishes
entrees

50-52. The sentence should include the important points as presented in the Information Sheet section X-A as:

Germans prefer strong-tasting and very strong-smelling cheese such as (any one of the following)

Allgäver
Limburger
Romador
Hand cheese or Handcase

53-56. The paragraph should include the following important points as given in the Information Sheet section XI

One-pot meals are intended to be complete meals with all of the ingredients cooked together.

Most one-pot meals are stews or casseroles which are usually cooked on the top of the stove instead of in the oven.

They usually contain meat or fish, one or several vegetables, and a starch, such as potatoes, rice or dumplings.

They are popular timesavers since they require little attention once everything is in the pot and can be prepared in advance.

57-60. The paragraph should include the following important points as given in the Information Sheet section XXIV

The German diet is hearty and satisfying.

Germans eat up to five meals a day.

Germans prefer large servings of food.

There is adequate intake of nutrient in the typical German diet because it is so varied and the methods of cooking help to preserve the nutrients.